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*North Hero News and World Review …. ……. Mostly stuff no one else would print.*

 January 1st2009 c:/nhn&wr9.9wc01 (2009NHN&WR letter/story/poem/card #01)

**SOUP**

 Ah, … the first letter of 2009.

 When we started these epistles in 1997 we had no idea we’d still be going strong 13 years later. Oh well, …hey, we’re soup people and this current effort is going to be about the same … Soup.

 But first, a note about NHN&WR subscription renewals. In years previous we notified subscribers that they had to re-up with a response of some kind, and believe it, some responses were quite original. This year we have changed our M.O. We hear from the vast majority of our readers over a year’s time and thought,

*“For people we have already heard from, seen, or received mail from, why require them to re-respond.”*

Are those latter letters a word? A redundancy? Ah but, we digress. Yes, but we have digressed many times before. Is that re-digressing? Good Grief, … let’s get on with this. This December we went through our distribution list and purged same all by ourselves. One by one it was: Yes, sent Emails, They phoned, Saw them, Sarcastic comments by that guy as usual, Oh yes, we remember their beautiful reply to the April edition. As a result, any reader ‘non compas mentis’ over 12 months has been purged. End of diuretic and if you are reading this consider yourself a survivor.

 Back to the subject at hand. We are perfectly happy with soup, soup and soup for lunch, and being of the ‘Do It Yourself’ mentality, like to make same ourselves. And we are talking volume here, like 2 plus gallons for instance, lasts about a week. We’ve a rotation; Beef & Bean, Chicken & Rice, and Split Pea with Ham. Something very comforting about sitting down to a lunch of homemade soup and wine. Right! (Oooops, … wine will be absent till Spring, …right!) We intersperse some other good ones occasionally, like French Onion, Broccoli and Egg Drop, but in the main those three have been our regulars. However, come last month, thanks to Sister-in Law Nancy Jefferson a new addition to the rotation, *“Italian Wedding Soup”.*  Thank you Nanc.

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**ITALIAN WEDDING SOUP**

 Meatballs:

    -  a little under 3/4 lb. ground meat (I used 1/2 lb.       meatloaf mix and 1/4 lb. gr. pork -- could use turkey)

    - 1 egg lightly beaten

    - 1-1/2 T. dry Italian breadcrumbs

    - 1-1/2 T. grated parmesan cheese

    - recipe says -- 2/3 tsp. dried basil & 1/2 tsp onion powder (Nancy used 1-1/2 tsp. Italian seasoning cuz she didn't have the other stuff)

Mix altogether and make little meatballs - approx 3/4" or so.  Bake in 350 degree oven for 1/2 hr., turning once.

Soup:

    - 8 c. chicken broth

    - 3 c. (packed) finely sliced escarole, kale, or spinach

    - 1 c. uncooked orzo pasta

    - 3/4 c. finely chopped carrot

 In large saucepan, heat broth to boiling, stir in escarole, orzo pasta, chopped carrot and meatballs.  Return to boil, then reduce heat to medium.  Cook at slow boil for 10-15 minutes - stir frequently to prevent sticking.

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Sounded fine to us, we needed: Ground pork, Italian bread crumbs, Orzo, and the greens. To be honest, didn’t know what Escarole/ Kale/Orzo looked like. Off to the *“Produce Mart”.* Fortunately greens were marked. Kale looked fresher than Escarole and seemed to promise stronger flavor than spinach. Opted for Kale. Should we be capitalizing these vegetables? Jane Perry will let us know. Prep was piece of cake. Added garlic. Made meatballs too big. Next time will follow the ¾ inch instructions. Also, we don’t make 8 cups of soup. Doubled it all up. And hey, … meatballs float!

 So, … if anyone out there is waffling over what to have for lunch in 2009, you can rest assured, the NHN&WR Staff is probably sitting down to one of the above four soups, …. and looking forward to March 21st when we fall off the wagon.

 From Ottawa,

 Lucile, Bailey & Ken

2009 Recipients. c:/nhn&wr9.09recip

*NHN&WR* is currently available to 90 readers & one dog.

1.        \*Adams, Dave, Deb, Helene 3 Friends, Ottawa.

2.        \*Armstrongs, Carol, Bruce & Mackenzie 3 Friends, North Carolina

3.        \* Barber, Carolyn & Jim 2 Friends, Vermont.

4.        \* Bennett, Gerry-Anyango, Carol 2 Family, N.Y. & Kenya.

5.        \* Bennett, Marc-Burke, Michelle 2 Family, Ottawa

6.        \* Brock, Beth 1 Family, Georgia

7.        \* Brock, Jeff, Susan, Elizabeth, Taylor, Gracie 5 Family, Georgia

8.        \* Cotton, Gene & Marilyn 2 Friends, Georgia.

9.        \* Dawson, Anne, Keith & Victoria 3 Friends, Ottawa.

10.     \* Demand, Nancy & Erhart 2 Friends, Vermont/Mass.

11.     \* DeYoung, Ann & Ron 2 Friends, Vermont.

12.     \* Jacobs, Bruce & Gail 2 Friends, Vermont.

13.     \* Jefferson, Bill 1 Family, CT.

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15.     \* Jefferson, David & Nancy 2 Family, CT.

16.     Jefferson, Greg & Kathi 2 Family, Texas.

17.     \* Jefferson, Lucile, Bailey & Ken 3 NHN&WR Management.

18.     \* Jefferson/Hoffpair; Linda, Kelly 4 Family, CT
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19.     Jefferson, Matt & Heide. 2 Family, Vermont

20.     Jefferson, Mike. 1 Family, Georgia.

21.     Jefferson, Phil. 1 Family, Georgia.

22.     Kelly, Marz 1 Family, Vermont.

23.     \*Klein, Myr, John, Willow & Rowan 4 Family, Mass.

24.     \* Lund, Vaughn, Lynn & Daughters 4 Friends, Georgia.

25.     \* McCleskey, Sue 1 Family, Georgia.

26.     \* McDevitt, Frank & Etta 2 Family, Ottawa / Vermont

27.     \* McDevitt, KC, Michael, Thomas, 6 Family, Ontario
 Christopher, Oliver & Katlin.

28.     \* McDevitt, Linda & Norman 2 Family, Ottawa/Vermont.

29.     \* Parker, Ann & Chuck 2 Friends, MO/Vermont.

30.     \* Peck, Sara, Bill Jr, Dan & Colin 4 Family, North Carolina.

31.     \* Peck, Carole, Jimmy & Guy 3 Family, Georgia.

32.     \* Perry, Jane & Bob 2 Friend, Vermont.

33.     \* Peterson, Gladys & ‘Pete’ 2 Friends, New Hampshire.

34.     \* Snow, Jean 1 Friend, Florida..

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37 \* Ward, Art &Heather 2 Friends, Pennsylvania